

# Three Refuges Recitation

At the sound of the small bell, please stand and face our teachers

Let us take refuge in the Buddha and all teachers who show us the way in this life

*Small bell and bow*

Let us take refuge in the Dharma and all teachings of understanding and love

*Small Bell and bow*

Everyone turn to face each other.

Let us take refuge in the Sangha and all communities that dwell in harmony and awareness

*Small Bell and bow*